



Three Sisters Stew

Makes: 6 Servings

This hearty stew is great for dinner and even better the next day. It uses different ingredients like sweet potatoes and quick cooking oats.

Ingredients

1/2 pound ground beef

1 cup onions (diced)

3 cups water

3 cups red potatoes (cubed, or 1 1/2 cans, about 24 ounces, low-sodium sliced potatoes, drained)

2 tomatoes (diced, or 1 can, about 15 ounces, low-sodium tomatoes, drained)

1 can low-sodium tomato sauce

1/2 cup frozen corn kernels (or 1/4 can, about 4 ounces, low-sodium whole kernel corn, drained)

1/2 cup yellow squash (diced, or 1/4 can, about 4 ounces, low-sodium sweet potatoes, drained and diced)

1/2 cup green squash (diced, or 1/4 can, about 4 ounces, low-sodium carrots, drained)

1/2 can low-sodium kidney beans (drained)

1/2 can low-sodium vegetarian beans

1/4 cup quick cooking oats

2 cloves garlic (finely chopped)

1/4 teaspoon salt

1/4 teaspoon black pepper

Directions

1. In a small skillet, brown ground beef and onions over medium to high heat for 8 to 10 minutes. Drain fat. 2. In a large pot, combine cooked ground beef, water, and red potatoes. 3. Bring the pot to a boil and cook for 15 minutes. 4. Add all the other ingredients to the pot and bring to a boil. Lower heat and simmer for about 25 minutes.

Notes

Tip for cooking ground beef: The recommended safe minimum internal temperature for ground beef is 160 degrees F, as measured with a food thermometer.

See how to make this [recipe](#) and more on USDA's [What's Cooking? YouTube](#) site.

Source: Adapted from a recipe submitted by Alicson Scott, Chickasaw Nation Get Fresh! Program.